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COOPERATIVE EXTENSION WORK IN AGRICULTURE AND HOME ECONOMICS.

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POTATO STARCH AND ITS USE IN THE HOME.

The object of this recipe is to make possible the use of the culls and bruised and otherwise unmarketable potatoes and transform them into a desirable and practical product for home use.

EQUIPMENT NEEDED.

Two clean pans, vats, or galvanized tubs, one large pan, one cylindrical grater, plenty of clean water, and wiping cloths. Instead of the grater a sausage grinder can be used to advantage for the grating of the potatoes. When using the sausage grinder it will be necessary to cut the potatoes into small pieces before feeding into the grinder.

RECIPE FOR MAKING HOME-MADE POTATO STARCH.

Wash potatoes thoroughly, using plenty of water and a vegetable scrubbing brush. Seat yourself in a convenient position, with a vessel containing potatoes at one side and an empty vessel for the gratings on the other. Place dish pan with grater on low small table or upon your lap. Without removing the skins, grate your potatoes by hand or run them through the sausage grinder. Empty gratings into the second tub or vessel. Continue this operation until your vessel is one-half or two-thirds full of pulp, or until your potatoes have been used.

Pour clean water over the gratings. Stir well, so as to saturate every particle with water. Allow to stand for a little time and then remove the peelings and other floating material from the top of the water. Stir again, add a little more clean water and allow the same to stand for several hours or over night. The starch granules will settle to the bottom and all pulp and potato skins will rise to the top of the water or settle on top of the starch granules. Remove the water carefully, also the pulp and skins. Scrape the dark coat off the top of the starch formation, being careful not to remove any of the starch.

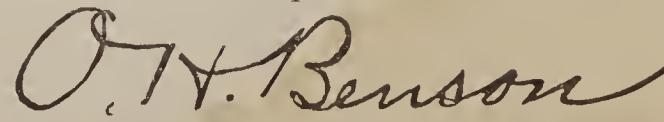
A second time pour fresh, clean water over the starch. Stir thoroughly. Allow to stand for several hours or over night. Remove water and pulp as before and add another application of water. Continue this as often as is necessary to render your starch perfectly white and free, not only from pulp but from all sand or sediment of any kind which is not pure starch.

This operation can be abbreviated somewhat by rinsing the first time and then straining the pulp, starch, and water through cheesecloth or cloth of finer mesh.

Potato starch is a healthful food and can be used in many ways for food purposes, in the making of puddings, salads, milk dishes, etc. It is an easy method and one that children will enjoy, an excellent laboratory experiment or demonstration for the school or home economics department, with the idea of furnishing recipes and preparing potato-starch dishes.

In nearly every potato section of the United States thousands of bushels of cull potatoes are wasted every year which could just as well be utilized in this way through the manufacture of potato starch.

Starch-making demonstrations and demonstrations in the preparation of dishes are recommended especially for fairs and club festivals in the interest of potato club work.



In Charge of Boys' and Girls' Club Work in the North and West.

Approved:

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